

Nutrient Dense Foods

Food	Calories	Fat	Cholest	Sodium	Fiber	Protein	Vit. A	Vit. C	Calcium	Iron
Shredded Wheat, 2 biscuits	160	2%	0%	0%	24%	5 g	0%	0%	2%	6%
Wheat Thins, Red. Fat, 16 crackers	130	6%	0%	11%	4%	3 g	0%	0%	2%	6%
Oatmeal, 1 cup cooked	150	4%	0%	2%	15%	5 g	0%	0%	0%	10%
Instant Rice, 1 cup cooked	190	1%	0%	1%	4%	3 g	0%	0%	2%	10%
Cashews, 3 Tbsp	180	21%	0%	5%	8%	5 g	0%	0%	0%	6%
JIF Peanut Butter, 2 Tbsp	190	25%	0%	6%	9%	8 g	0%	0%	0%	4%
Refried Beans, 1/2 cup	140	5%	0%	22%	28%	5 g	6%	0%	4%	10%
Mandarin Oranges, 2/3 cup	30	0%	0%	0%	3%	0 g	2%	15%	0%	4%
Sweet Peas, 1/2 cup	60	0%	0%	16%	16%	4 g	6%	10%	2%	6%
Potatoes, 2/3 cup	80	0%	0%	19%	8%	1 g	0%	15%	4%	2%
Parmesan Cheese, 2 tsp.	20	2%	2%	4%	0%	2 g	0%	0%	6%	0%
Spaghetti Noodles, 1 cup	210	2%	0%	0%	7%	7 g	0%	0%	0%	10%
Egg Beaters, 1/4 cup (1 Egg)	30	0%	0%	5%	0%	6 g	15%	0%	2%	6%
Chicken Breast, 2.5 oz.	60	2%	13%	10%	0%	15 g	0%	0%	0%	0%
Skim Milk, 1 cup	80	0%	1%	5%	0%	17g	10%	4%	30%	0%
Apple Juice, 1 cup	110	0%	0%	1%	0%	0 g	0%	130%	0%	0%
Strawberries, 1 cup	50	0%	0%	0%	12%	0 g	0%	90%	2%	4%
Broccoli, 1 cup	30	0%	0%	1%	8%	2 g	0%	50%	2%	0%
Bean & Cheese Burrito, 1 burrito	220	10%	1%	19%	15%	7 g	0%	2%	4%	15%
Orange Juice with Calcium, 1 cup	120	0%	0%	0%	0%	1 g	0%	130%	30%	0%
Nalley's Chili with Beans, 1 cup	260	11%	10%	48%	40%	19 g	25%	0%	8%	20%
Cheddar Cheese, 1/4 cup	110	14%	10%	8%	0%	7 g	0%	2%	4%	15%
Lowfat Cottage Cheese, 1/2 cup	90	4%	5%	20%	0%	12 g	4%	0%	8%	0%
Mini Bagels, 2 bagels	140	2%	0%	13%	4%	5 g	0%	0%	4%	10%
String Cheese, 1 package	80	8%	5%	8%	0%	8 g	4%	0%	20%	0%

Fat, Cholesterol, Sodium, Fiber, Vitamin A, Vitamin C, Calcium, and Iron are Percent Daily Values are based on a 2,000 calorie diet.

Empty Calorie Foods

Food	Calories	Fat	Cholest	Sodium	Fiber	Protein	Vit. A	Vit. C	Calcium	Iron
No Bake Jello Cheesecake, 1/9	210	15%	1%	15%	3%	2 g	6%	0%	15%	2%
Ritz Bits PB Sandwiches, 12	140	12%	0%	10%	4%	3 g	0%	0%	4%	4%
Kraft Mac & Cheese, 1 cup	380	23%	3%	32%	4%	9 g	15%	0%	25%	10%
Jell-o, Raspberry, 1/2 cup	80	0%	0%	3%	0%	2 g	0%	0%	0%	0%
Ghiradelli Triple Choc Brownie	200	14%	5%	5%	3%	1 g	0%	0%	0%	6%
Runts Candies, 1 mini box	70	0%	0%	0%	0%	0 g	0%	0%	0%	0%
Chocolate Frosting, 2 Tbsp	140	9%	0%	4%	3%	0 g	0%	0%	0%	2%
Raspberry Jam, 1 Tbsp.	60	0%	0%	0%	0%	0 g	0%	0%	0%	0%
Chocolate Cake, 1/12 piece	270	20%	18%	14%	5%	2 g	0%	0%	10%	8%
Ranch Dressing, 2 Tbsp.	230	35%	5%	24%	0%	1 g	0%	0%	4%	0%
Pizza Sauce, 1/4 cup	30	0%	0%	14%	4%	1 g	6%	10%	2%	2%
Butter, 1 Tbsp.	100	17%	10%	4%	0%	0 g	8%	0%	0%	0%
Sour Cream, 2 Tbsp.	60	9%	7%	3%	0%	1 g	4%	0%	4%	0%
Sprite, 1 cup	100	0%	0%	2%	0%	0 g	0%	0%	0%	0%
Lemon Bars, 2 inch bar	160	7%	13%	4%	0%	0 g	0%	0%	0%	2%
Vanilla Pudding prepared with 2% milk, 1/2 cup	150	4%	3%	17%	0%	0 g	4%	0%	15%	0%
Raspberry Sherbet, 1/2 cup	130	3%	2%	1%	0%	0 g	0%	0%	2%	0%
Bacon, 2 slices	80	11%	3%	14%	0%	4 g	0%	0%	0%	0%
Graham Crackers, 2 whole crackers	130	5%	0%	5%	4%	2 g	0%	0%	0%	0%
Frosted Flakes Cereal, 1 cup	130	0%	0%	7%	4%	1 g	10%	10%	0%	25%
DiGiorno Supreme Pizza, 1/6 pizza	360	23%	10%	42%	12%	16 g	6%	2%	15%	8%
Refrig. Biscuits, 2 biscuits	100	2%	0%	16%	2%	3 g	0%	0%	0%	8%
Vanilla Ice Cream, 1/2 cup	140	11%	13%	2%	0%	3 g	6%	0%	10%	0%
PopWeaver MW Popcorn, Butter, 1 bag or 3 cups	120	12%	0%	9%	24%	6 g	0%	0%	0%	5%
Snickers, 1 regular size bar	280	22%	2%	6%	4%	4 g	0%	0%	4%	2%

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